

## ABSTRACT

Described herein is a sliding element for seals mainly comprised of 25 to 75 weight % carbon aggregate and 20 to 50 weight % thermosetting synthetic resin binder. The element has spherical pores whose diameter is in the range of from 1 to 100  $\mu$  m. The pores are isolatedly scattered in the element. The sliding element for seals is excellent both in solid and fluid lubrication properties.